

Miele

Steamed eggplant with miso

By Shannon Bennett

15 minutes

Preparation time

20 minutes

Cooking time

4

Serves



INGREDIENTS

Miso

90 g (½ cup) white miso paste

75 g (½ cup) caster sugar

60 ml (¼ cup) mirin

60 ml (¼ cup) cooking sake

Eggplant

2 eggplants

80 ml (? cup) neutral flavoured oil

Salt flakes, to taste

METHOD

Miso

1. Combine the miso ingredients in a unperforated steam tray and whisk well.
2. Steam at 100°C for 3 minutes. Set aside until required.

Eggplant

1. Preheat the combi steam oven on Full Grill on Level 3.
2. Cut the eggplant in half lengthways. Score a diamond pattern across each half.
3. Brush all 4 halves generously with miso mixture and place on the rack over the universal tray.
4. Place onto shelf level 2 and change the oven to Combi mode: Full Grill,
Level 3 + 16 minutes + 100% moisture. Baste with the miso mixture every 5 minutes.
5. Grill until the eggplant is cooked through and golden in colour. Times may vary depending on size of eggplant.
6. Brush with additional miso mixture just prior to serving. Serve warm.